

The Portland Resource

Aging and Disability
Resource Center of
Fond du Lac County

FALL
2016



Happy Fall from those of us at the ADRC! We hope you enjoy our fall edition of the Portland Resource and the great information included!

You can get a copy of The Portland Resource by

- Requesting your name be added to the mailing list (either by email or mail) by calling (920) 929-3466 or emailing adrc@fdlco.wi.gov
- Picking up a copy at the Fond du Lac Senior Center, Ripon Senior Center & Library, Senior Services (city/county building) or at the ADRC.
- Going to the ADRC website



Any feedback or questions, please contact ADRC at (920)-929-3466.

Contact Us

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The Aging & Disability
Resource Center of
Fond du Lac County is
located at

**50 N. Portland
Street
Fond du Lac, WI
54935**

Office Hours:
Monday-Friday
8:00 am- 4:30 pm
(920) 929-3466
www.fdlco.wi.gov/adrc

**Walk-Ins
Welcome!**

A Word from the Disability Benefit Specialist

By Lynnette Benedict

Medicare Part D (Prescription Drug Coverage) Open Enrollment

October 15 to December 7 individuals with Medicare can change their Medicare health plan and/or prescription drug coverage for 2017. Information on 2017 plans will be available the beginning of October. If a person is satisfied that their current plan may meet their needs for next year, it is still a smart idea to review plans annually to see if the costs or coverage are changing for 2016. Assistance with reviewing Part D plans is available through either the Disability Benefit Specialist or the Elder Benefit Specialist.

To schedule appointments to review Medicare Part D Plans...

Those who are 18-59 can schedule with the Disability Benefit Specialist.

Call the ADRC at (920) 929-3466 to request an appointment.

Disability Benefit Specialist
50 North Portland Street
Fond du Lac WI 54935

Those who ages 60+ can schedule with the Elder Benefit Specialist.

Call the Department of Senior Services at 920-929-3521 and request an appointment.

Elder Benefit Specialist
Fond du Lac County Department of Senior Services
160 South Macy Street 3rd Floor
Fond du Lac WI 54935

Other Resources:

- 1-800-MEDICARE
- <https://www.medicare.gov/part-d/>
- <https://www.dhs.wisconsin.gov/publications/p0/p00166.pdf>

Get on Board for the Walk to End Alzheimer's®; In Fond du Lac County

By: Ginny Nyhuis with the Alzheimer's Association

Fond du Lac County Walk: Saturday, October 1 at
Moraine Park Technical College

Walk Co- Chairs Donna Freund and Jody Goebel invite you to Walk with Us because **The End of Alzheimer's Starts with You!**

Register for the Walk to End Alzheimer's on October 1st at Moraine Park Technical College in Fond du Lac. Start a team today! Gather your friends, family, co-workers, or members of your church or community organization.

The Walk begins at 10:00 a.m., with on-site registration starting at 8:30 a.m. If you aren't able to participate at the event, show your support by registering as a "virtual walker" or make a donation to support a friend, family member or co-worker.

Enjoy a lovely 2 mile walk, plus pre-Walk festivities including complimentary breakfast provided by the Kiwanis Club, A & W root beer floats, live music by Rock River, team photos, and the Purple Clubhouse activity area featuring family activities, temporary tattoos and a crazy Purple selfie station.

Alzheimer's Disease is Relentless. So are We. Right now, Alzheimer's disease – the nation's sixth-leading cause of death – is an epidemic devastating our families, our finances and our future. By stepping up as a leader in the fight, you can do something to stop it!

Start or join a team today at alz.org/walk.



Wisconsin Voter Photo ID What Seniors need to know.



With limited exceptions, Wisconsin citizens must present a photo ID to have their ballot counted.

You must show one of these IDs

Address on your ID does not have to be current!

WISCONSIN DRIVER LICENSE
EXPIRES AFTER 11/4/2014

WISCONSIN IDENTIFICATION CARD
EXPIRES AFTER 11/4/2014
NOT A DRIVER LICENSE

UNEXPIRED RECEIPT
FOR A WISCONSIN DRIVER LICENSE
OR A WISCONSIN STATE ID
VALID FOR 45 DAYS

PASSPORT
U.S. PASSPORT
EXPIRES AFTER 11/4/2014

VETERANS ID CARD
UNEXPIRED OR NO EXPIRATION DATE

TRIBAL ID CARD
FEDERALLY RECOGNIZED WISCONSIN TRIBE
STILL VALID FOR VOTING IF EXPIRED

U.S. MILITARY PHOTO ID CARD
EXPIRES AFTER 11/4/2014

CERTIFICATE OF NATURALIZATION
ISSUED WITHIN THE LAST 2 YEARS

COLLEGE ID CARD
WISCONSIN ACCREDITED COLLEGE
ISSUANCE DATE
EXPIRATION DATE
NOT EXPIRED

PROOF OF ENROLLMENT
Proof of Enrollment varies for each college. It is a separate document (may be electronic), such as a class schedule or enrollment verification form.
If you are not sure about your proof of enrollment, please ask your college.

Your college ID card **MUST** have all of the following to be used for voting:
☒ Photo
☒ Signature
☒ Issuance Date
☒ Expiration date* that is not expired
☒ Your school must be a WI accredited college
* Cannot be more than 2 years after cert's date of issue

Absentee Ballot Voting

You must include a copy of your **acceptable Voter Photo ID** when you send in your signed absentee ballot request, unless you qualify for one of these **two exemptions**:

If you are **indefinitely confined**, you **DO NOT** have to provide a copy of a photo ID, instead you may:

- ☒ Indicate on your absentee ballot application form that you are indefinitely confined because of age, illness or disability.
- ☒ Sign your absentee ballot envelope, and then have your absentee witness verify your identity by also signing your absentee ballot envelope before you return it.

If you **live in a nursing home or senior residential facility** and do not have an acceptable photo ID:

- ☒ If your nursing home/facility is **visited by Special Voting Deputies (SVDs)**, you may instead have these two SVDs verify your identity by signing your absentee ballot envelope as witnesses.
- ☒ If your facility is **not visited by Special Voting Deputies** you may ask an authorized representative of the facility to sign the absentee ballot envelope to verify your identity.

Voting is a right you can't afford to lose.

If you do not have an acceptable form of Photo ID and need one, turn over this flyer to find out how to get one for **free**!

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI

Here's how to Get a Free Voter Photo ID

Go to your local Division of Motor Vehicles (DMV) service center.

(Find the location of your local DMV at: <http://wisconsin.gov/Pages/online-srvcs/find-dmv>)

Bring your **Social Security number** (doesn't have to be your SS Card) and *original* documents that prove your name and date of birth; your identity; U.S. Citizenship; and Wisconsin residency (*see lists below*).

Fill out a "Wisconsin Identification Card" application.

Documents needed to get a Free Voter Photo ID

Bring one from each of the following four categories (originals, no photo copies).

Documents in **bold** can be used as proof in more than one category (e.g., Birth Certificate).

Note: the lists below contain examples of the most common documents – for more information or a complete list of acceptable documents, visit: www.BringIt.wi.gov/how-do-i-get-free-state-id-card or call 1-866-VOTE-WIS Mon-Fri, 7:45 a.m. to 4:30 p.m.

Name and Date of Birth:

- **Birth Certificate (certified)**
- **Certificate of Citizenship**
- Court Order (Adoption, Divorce, Name or Gender Change)
- **Certificate of Naturalization**

Proof of U.S. Citizenship:

- **U.S. Birth Certificate (certified)**
- **Certificate of Citizenship**
- **Certificate of Naturalization**

Proof of Identity:

- Marriage or Divorce Certificate
- Social Security Card
- Driver's License (Other U.S. State)
- State ID Card (Other U.S. State)
- U.S. Gov & Military Dependent Card
- Military Discharge Papers (including Federal DD-214)

Bring **ONE**
from each
category!

Wisconsin Residency (must show name and address):

- Utility Bill (e.g., Cable, Phone)*
- Bank/Financial Institution Statement*
- Pay Stub*
- Insurance Policy dated within last year
- Gov Issued Correspondence issued within the last year
- Mortgage Documents for WI Property

*Issued within the last 90 days

If you don't have the required documents to prove U.S. Citizenship, name and date of birth, and/or legal name change, **you can still get a free ID**, but you must:

Be a U.S. Citizen, indicate that **the ID card is required free of charge for the purposes of voting**; and **fill out a short form** claiming that documents required to prove U.S. Citizenship, name and date of birth and/or legal name change are unavailable and require a fee to a government agency to obtain.

Common Cause in Wisconsin
152 W. Johnson Street | Suite 212
Madison, WI 53701 | 608-256-2686
www.commoncausewisconsin.org

League of Women Voters of Wisconsin
612 W. Main Street | Suite 200
Madison, WI 53703 | 608-256-0827
www.lwvwi.org

Our Democracy 2020
633 S. Hawley Road | Suite 112
Milwaukee, WI 53214 | 414-226-4289
www.ourdemocracy2020.com



The Fond du Lac County Falls Prevention Coalition presents
Ready Steady, Balance: Prevent Falls in 2016

September 22nd, 2016

Salvation Army

237 N. Macy St.

11:00 a.m. – 3:00 p.m.

Schedule of Events

- | | |
|------------|--|
| 11:00 a.m. | Registration and visit with vendors, Blood pressure screens, Flu vaccines and Light lunch provided |
| 1:00 p.m. | Falls Prevention: Nutrition
Mary Houser, ManorCare Dietician |
| 1:45 p.m. | Falls Prevention: Hip Dysfunctions and Surgeries
Dr. Paul Fagan, DO, Aurora Health Care |
| 2:30 p.m. | Living a More Fulfilling Life...With a Chronic Condition
Harvey Padek, Consultant to GWAAR and WIHA |
| 3:00 p.m. | Wrap up and door prizes |

Area vendors will be onsite during from 11:00 a.m. - 1:00 p.m. to offer a variety of health screens and discuss how they can assist you with preventing falls.

**TO REGISTER FOR THIS FREE EVENT, CALL THE FOND DU LAC COUNTY
 AGING AND DISABILITY RESOURCE CENTER (920) 929-3466**

EVENT PRESENTED BY:

Fond du Lac County Falls Prevention Coalition

In partnership with Salvation Army, All About Life Rehabilitation Center, Aurora Health Care, Fond du Lac County Aging and Disability Resource Center, Rehab Arisces , Residential Services Inc., Wink Chiropractic, Lakeview Estates, Enlivant Senior Living, ManorCare, Frontida, Visiting Angels, Lutheran Homes and Fountain View

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI



Simple Will and Power of Attorney Help for Low-Income Seniors

Wills for Seniors is a program to help low-income seniors prepare basic estate planning documents.

Program participants will meet with an attorney who will help them draft a basic will, power of attorney for finances, and/or power of attorney for health care and Authorization for Final Distribution (if desired).

The program is not designed for: people with large or complicated estates, beneficiaries with special needs, beneficiaries who are unable to handle their own finances, people who want to set up or require sophisticated trusts, Medicaid, tax, or business succession planning, or people who are not appropriate for a basic will.

Are You Eligible?

To participate, you must be:

Age: 60 or older

Income:

Sponsored by:



Greater Wisconsin Agency
on Aging Resources' Elder
Law & Advocacy Center

EVENT DATE: Tuesday, September 27, 2016

TIME: Appointments available between 8:30 am through 2:00 pm
**You must have an appointment to participate.*

LOCATION: Fond du Lac Senior Center, 151 E. 1st St.

CONTACT: For an appointment, call GWAAR @ 608-243-2881

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI



Wisconsin Council of the Blind & Visually Impaired

754 Williamson Street, Madison, WI 53703
1-800-783-5213

White Cane Safety Day Symbolizes Independence and Security for Persons Who Are Blind or Visually Impaired

By Kevin Damask, staff writer with the Wisconsin Council of the Blind & Visually Impaired

For more than 50 years, October 15 has served as a day to honor the importance of the white cane for millions of Americans who are blind or visually impaired.

White Cane Safety Day recognizes the freedom, security and independence that this tool provides people who have vision loss. On this day, governors in states across the country sign proclamations that recognize the White Cane Law.

Constance Miller, an Antigo, Wisconsin resident and retired teacher, has used a white cane regularly since 1990. She has no vision in her right eye. Her vision was damaged as an infant after she received too much oxygen in an incubator. Through the years, Miller's vision deteriorated, and she could only read print when it was very close to her face.

"I pretty much operated through life as a sighted person for many years," Miller said. "Finally, in the early 90s, I got tired of working so hard to see, so I went to the Visually Impaired Program (VIP) in Wausau to see what they offered."

Through VIP, Miller learned how to use a white cane. She also met Sharon Waldriff, who has been blind since her early teens. With Waldriff's assistance, Miller overcame misconceptions about having a visual impairment, and she learned to feel comfortable using a white cane.

"I still use a great deal of my residual vision for support. I'm glad I have those skills because I couldn't go without them," Miller said. "I wish I had been more faithful about using the white cane earlier in my life."

After training and encouragement, Miller went from resisting the white cane to becoming "quite a confident cane user." In August, she attended the Wisconsin Council of the Blind & Visually Impaired's Central Wisconsin Low Vision Fair in Wausau. She reconnected with Joan Wagner, her mobility teacher from the early 90s, and received valuable information from the American Council of the Blind.

Article continued...

In recent years, Miller has given presentations about blindness awareness at schools and churches in north-central Wisconsin.

"The white cane gives us a level of independence and security," Miller explained. "None of us are totally independent. We're interdependent. If I'm with someone, I stick with them when I'm in a crowd. With my white cane, I don't have to rely on a sighted guide if I don't want to."

These days, Miller's motto is "Have cane, will travel." Since losing her sight, Miller's attitude toward blindness has changed, and she has learned to embrace her visual impairment.

"Blindness is not as much of a disability as people's attitudes toward it," she said. "That could be my own attitude or a sighted person's attitude toward what it means to be blind."

Pumpkin-Apple Quick Oatmeal

Nutrition Facts cal. (kcal) 168

Makes: 4 servings Start to Finish 15 mins

Serving Size: 3/4tablespoons yogurt

Carb Grams Per Serving: 35

Ingredients

1 1/3 cups water	2/3 cup apple juice or apple cider
1/2 cup canned pumpkin	1/3 cup chopped dried apples
1 1/4 cups quick-cooking rolled oats	1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg	1/2 cup vanilla fat-free yogurt
1 tablespoon packed brown sugar or brown sugar substitute	



Directions

1. In a medium saucepan, combine the water, apple juice, pumpkin, and dried apples. Bring to boiling. In a small bowl, combine oats, brown sugar, the 1 teaspoon cinnamon, and the nutmeg; stir into boiling water mixture. Cook for 1 minute, stirring occasionally.
2. Divide hot oatmeal among four serving bowls. Top each serving with a spoonful of yogurt and, if desired, garnish with additional cinnamon. Makes 4 servings (3/4 cup oatmeal and 2 tablespoons yogurt each)

Nutrition Facts Per Serving: PER SERVING: 168 cal., 2 g total fat 1 mg chol., 30 mg sodium, 35 g carb. (4 g fiber, 15 g sugars), 5 g pro. **Diabetic Exchanges** Fruit (d.e): 0.5; Starch (d.e): 1.5

Source: <http://www.diabeticlivingonline.com/print/8226>

IPOD & CD



SEPT 1ST - OCT 7TH



The Music and Memory Program of Fond du Lac County is hosting an IPOD & CD drive! Music and Memory is a free program for individuals with the onsets of Alzheimer's and Dementia.

Items we are in need of are:

- 🎵 **USED OR NEW IPODS**
- 🎵 **CDs TO EXPAND OUR MUSIC LIBRARY**
- 🎵 **ITUNES GIFT CARDS**
- 🎵 **SPEAKERS**
- 🎵 **LEGOS, PUZZLES & VARIOUS CRAFTS**

WHERE TO DONATE



ADRC OF FOND DU LAC

50 Portland Street
8am-4:30pm Monday-Friday



FONDUE FEST

Music & Memory Booth
Sept 10th 9am-5pm



ALZHEIMER'S WALK

Moraine Park Technical College
235 N National Ave
October 1st 8:30am-10:30am

ALL DONATIONS ARE TAX DEDUCTIBLE.

WIN A NEW IPOD SHUFFLE

.....and more!

Make sure to fill out a raffle form when you drop off your donations! The more you donate, the more chances to win!



Fond du Lac County Caregiver Conference

The More You Know
A day of education and
support for those who care

family caregivers



professional caregivers

Thursday, Nov. 10, 2016
8:30 a.m. - 3:30 p.m.
Holiday Inn Conference Center
625 W. Rolling Meadows Drive
Fond du Lac

alzheimer's  association®



Dementia Care Network
of Fond du Lac County

Registration Form

Registration deadline: Thursday, Nov. 3, 2016

Name: _____

Address: _____

City/State/ Zip: _____

Phone: _____

Email: _____

Workshop A ☐ 1. ☐ 2. ☐ 3. ☐ 4.

Workshop B ☐ 5. ☐ 6. ☐ 7. ☐ 8.

Conference Fees:

☐ \$5 Family Caregiver

☐ \$15 Professional Caregiver

Certificates of Attendance will be provided
for professionals attending the full day.

**Mail completed registration form
and check made payable to:**

Alzheimer's Association
P.O. Box 700272
Oostburg, WI 53070

Contact Ginny Nyhuis with questions:
gnyhuis@alz.org or call: 920.838.1311

If you are a family caregiver, care options
may be available for your loved ones.
Contact Lori Anderson for details: 920.906.4792



50 North Portland Street
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact Jaclyn Jaeckels (920) 929-7506, TTY: Use Relay (711), or email adrc@fdlco.wi.gov.

**If you would like to request to be on the mailing list
for our newsletter please call
(920) 929-3466, TTY: Use Relay, or email
adrc@fdlco.wi.gov.**

**Please watch for our Winter Edition of The Portland
Resource in December 2016!!**